

## CLAIMS

1. A guide for a rope or chain comprising a base plate, an arcuate first arm pivoted to the base plate, an arcuate second arm pivotally connected to the first arm and so as in a rest position to form an acute angle with the first arm, and biasing means between the base plate and the second arm.

2. A guide as claimed in claim 1, wherein the base plate carries a chain wheel and the arms are positioned adjacent the periphery of the chain wheel.

3. A guide as claimed in claim 1, wherein the biasing means comprises a spring connected to the second arm at a position between the pivot points between the base plate and first arm and between the first and second arms.

4. A guide as claimed in claim 1, wherein the second arm carries a pressure member.

5. A guide for a rope or chain comprising a base plate, an arm pivotally mounted on the base plate, biasing means between the base plate and the arm, and a pressure member on the arm.

6. A guide as claimed in claim 5, wherein the pressure member is pivotally mounted on the arm.

7. A guide as claimed in claim 5, wherein the arm is substantially arcuate.

8. A guide as claimed in claim 5, wherein the pressure member is substantially arcuate.

9. A guide as claimed in claim 5, wherein the pressure member is substantially arcuate and the pivot point of the pressure member is adjacent the convex face of the pressure member.

10. A guide as claimed in claim 5, wherein the base plate carries a chain wheel pair, the pivot point of the arm to the base being adjacent the periphery of the chain wheel or wheels.

11. A guide as claimed in claim 6, wherein the pivot point between the arm and the pressure member is displaced from the centre point of the pressure member towards the pivot point between the arm and base.

12. A guide as claimed in claim 5, wherein the biasing means comprises a spring.

13. A winch including a guide according to claim 1.

14. A chain, holding means being provided to bias adjacent links of the chain to a position where the links of the chain are closely adjacent.

15. A chain as claimed in claim 14, wherein the holding means comprises a tie about adjacent lengths.

16. A chain as claimed in claim 14, wherein the holding means comprises a pressure block positioned in the aperture of one or more links.